

51st Fighter Wing

Integrity - Service - Excellence

2012 Critical Days of Summer

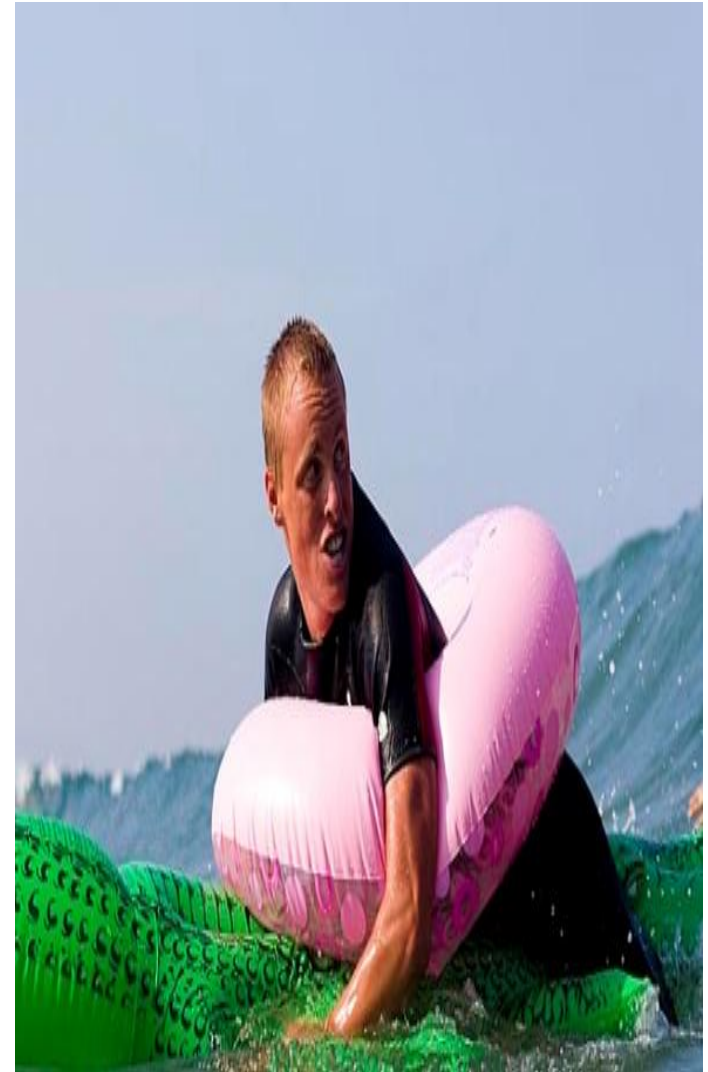
Week 3: Water Safety





Water Safety Tips

- **Water Safety:**
- **Learn to swim.** The best thing anyone can do to stay safe in and around the water is to learn to swim. Always swim with a buddy; never swim alone.
- **Swim in areas supervised by a lifeguard.**
- **Read and obey all rules and posted signs.**
- **Children or inexperienced swimmers should take precautions, such as wearing an approved personal floatation device (PFD) when around the water.**
- **Watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.**



Feel the Thunder!



Water Safety Tips

- **Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).**
- **Be knowledgeable of the water environment you are in and its potential hazards.**
- **Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.**
- **Use a feet-first entry when entering the water.**





Water Safety Tips

- Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Know how to prevent, recognize, and respond to emergencies.



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Boating Safety

- **Boating:**
- **Use Coast Guard-approved life jackets for yourself and your passengers when boating and fishing.**
- **Develop a float plan. Anytime you go out in a boat, give a responsible person details about where you will be and how long you will be gone.**
- **Find a boating course in your area these courses teach about navigation rules, emergency procedures and the effects of wind, water conditions, and weather.**
- **Know local weather conditions and prepare for storms. Watch local news programs. Stop boating as soon as you see or hear a storm.**

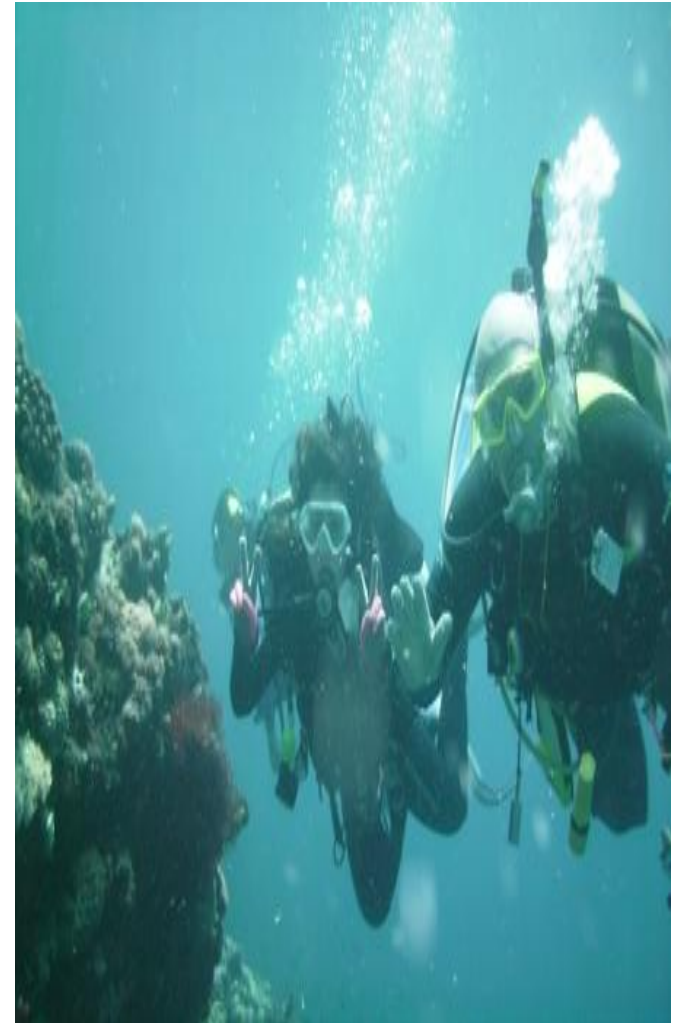


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Diving Safety

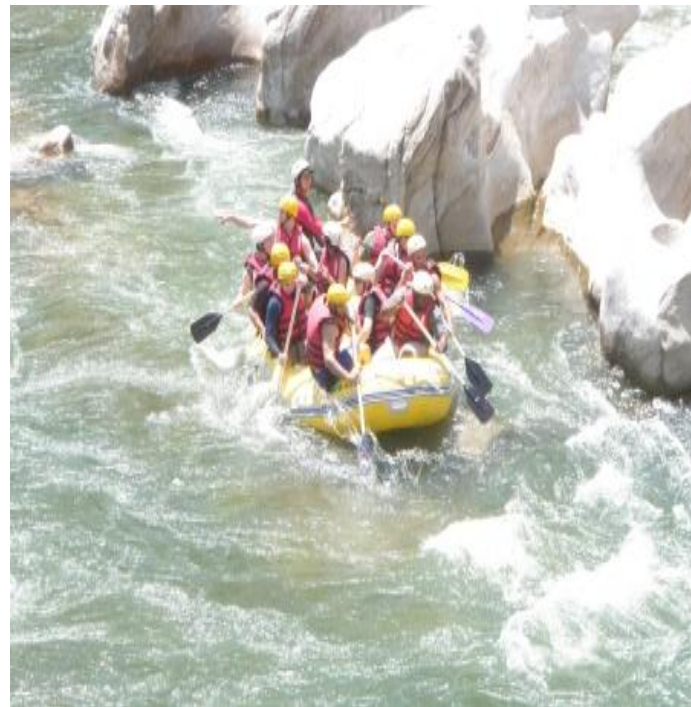
- **SCUBA Diving:**
- **Receive instructions/take lessons from qualified divers before participating.**
- **Get a medical examination and take a swim test before learning SCUBA diving.**
- **Once certified, do not dive in rough or dangerous waters or in environments for which you are not trained. Ice, cave, and shipwreck diving require special training. One can easily get lost or trapped and run out of air.**
- **Never dive by yourself.**





Tubing and Rafting Safety

- **Tubing and Rafting:**
- **Always wear a Coast Guard-approved life jacket.**
- **Do not overload the raft.**
- **Do not go rafting after a heavy rain.**
- **When rafting with a tour company, make sure the guides are qualified. Check with the local chamber of commerce for listings of accredited tour guides and companies.**



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Water Park Safety

- **Water Parks:**
- **Be sure the area is well supervised by lifeguards before you or others in your group enter the water.**
- **Read all posted signs. Follow the rules and directions given by lifeguards. Ask questions if you are not sure about a correct procedure.**
- **When you go from one attraction to another, note that the water depth may be different and that the attraction should be used in a different way.**
- **Before you start down a water slide, get in the correct position -- face up and feet first.**



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Water Park Safety

- **Some facilities provide life jackets at no charge. If you cannot swim, wear a Coast Guard-approved life jacket. Check others in your group as well.**





Water Safety Links

- <http://www.uscgboating.org/safety/default.aspx>
 - <http://www.boatingsafety.com/>
 - <http://www.safeboatingcouncil.org/>
 - <http://www.boatingbasicsonline.com/>
 - <Http://www.boatus.org/onlinecourse/default.asp>
 - <http://american.redcross.org/site/DocServer/watersafety0609.pdf?docID=735>
 - http://www.cdc.gov/migrated_content/general_information/healthyswimming/safeswimming.html
 - <http://www.ripcurrents.noaa.gov/tips.shtml>
 - <http://www.poolsafely.gov/>
 - <http://www.surfinghandbook.com/knowledge/ocean-safety/>
 - <http://hawaii.gov/health/family-child-health/ems/pdf/bigsurftips.pdf>
 - <http://hawaii.gov/dlnr/dbor/pwc1.htm>
 - <http://www.pwia.org/>
 - http://www.safetyresource.org/water_safety/jet_ski_safety.html
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